

it's never too late!

There is no such thing as "too old to exercise". Whatever your age or fitness, you can benefit from doing a bit more physical activity. Try to get out and walk as much as possible within your own limitations

Start at your own level

There is no point wearing yourself out on your first walk. Start gradually, set yourself small targets and goals and build slowly from there. Small changes can make a big difference, the most important thing is to make a start.

Build walking into your daily routine

Any activity is better than none, but to get the most benefit you need to do at least 30 minutes moderate physical activity on at least 5 days of the week.

Moderate activity is anything which involves:

- Breathing a little faster
- Having a slightly faster heart beat
- Feeling warmer

You should aim to reach a single session of 30 mins but you can break this down into:

- 3 x 10 minutes
- 2 x 15 minutes

Any health benefits you have gained will be lost if you don't continue to be active

Listen to your body

If you feel any dizziness or pain whilst walking, slow down or stop completely and take a rest. If the problem continues, consult your doctor before walking again.

Loppington Parish Path Partnership Group (P3) were formed after Shropshire Council carried out widespread improvements to the public rights of way within the Parish. The group have members who look after the paths in their area and carry out regular maintenance to keep them open and available. The group also organise regular walks both within and outside the parish.

For more information about walking see

www.shropshirewalking.com www.discovershropshire.org.uk
or contact Shropshire County Council Countryside Access Team
0845 6789000



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Loppington Country Walks To Noneley and Back

Walk 4

Length: 5¼ kms / 3½ miles

Time: Allow 2 hours

Start & Parking: Loppington Village Hall

Walk Grade: **Moderate.** Some road walking, mainly through fields, 26 stiles



SLEAP AIRFIELD by Donald Farnworth

This walk takes you to the wide open spaces by Sleaf Brook (the boundary of the parish). There are good views of the aeroplanes using Sleaf airfield and many interesting and historic buildings along this route. On your way, notice how many farmhouses there still are in the centre of the village. This suggests a time in the early Middle Ages when the village was surrounded by very large, open fields used mainly for arable crops; later, when cattle became more important, farmhouses were built out in the fields to be close to the animals. Parish Farm has belonged to the church in Loppington since at least the time of Henry VIII; some of the rents from the farm are used for the maintenance of the church building.

Walk Directions

Turn right out of the village hall car park and walk through the village towards Burton.

Immediately past the last thatched house on your left turn left down a track, go through a gate and continue to the end of the lane. Take the path to the left stile **1**, then over stile **2** into the field. Head half left across the field to where a fence is visible against the trunk of a big tree.

Cross the double stile **3** & **4** to the left of this tree, then head half left across the field to the right of 2 free-standing trees. Keep the fence on your right until you cross stile **5** then look right to see stile **6**. Keep the fence on your left and walk almost to the end of the field, where you will see a double stile **7** & **8** on your left, through the hedge into the next field.

Turn right and make your way round the right hand side of Bentley Farm, following the waymarks and crossing stiles **9**, **10** & **11**.

Go straight over the track and take the double stile **12** & **13** into the field. Head half left across the field, passing a small fenced enclosure, then cross stile **14** into the next field. Keep the hedge on your left and walk almost to the end of the field until you see stile **15** on your left.

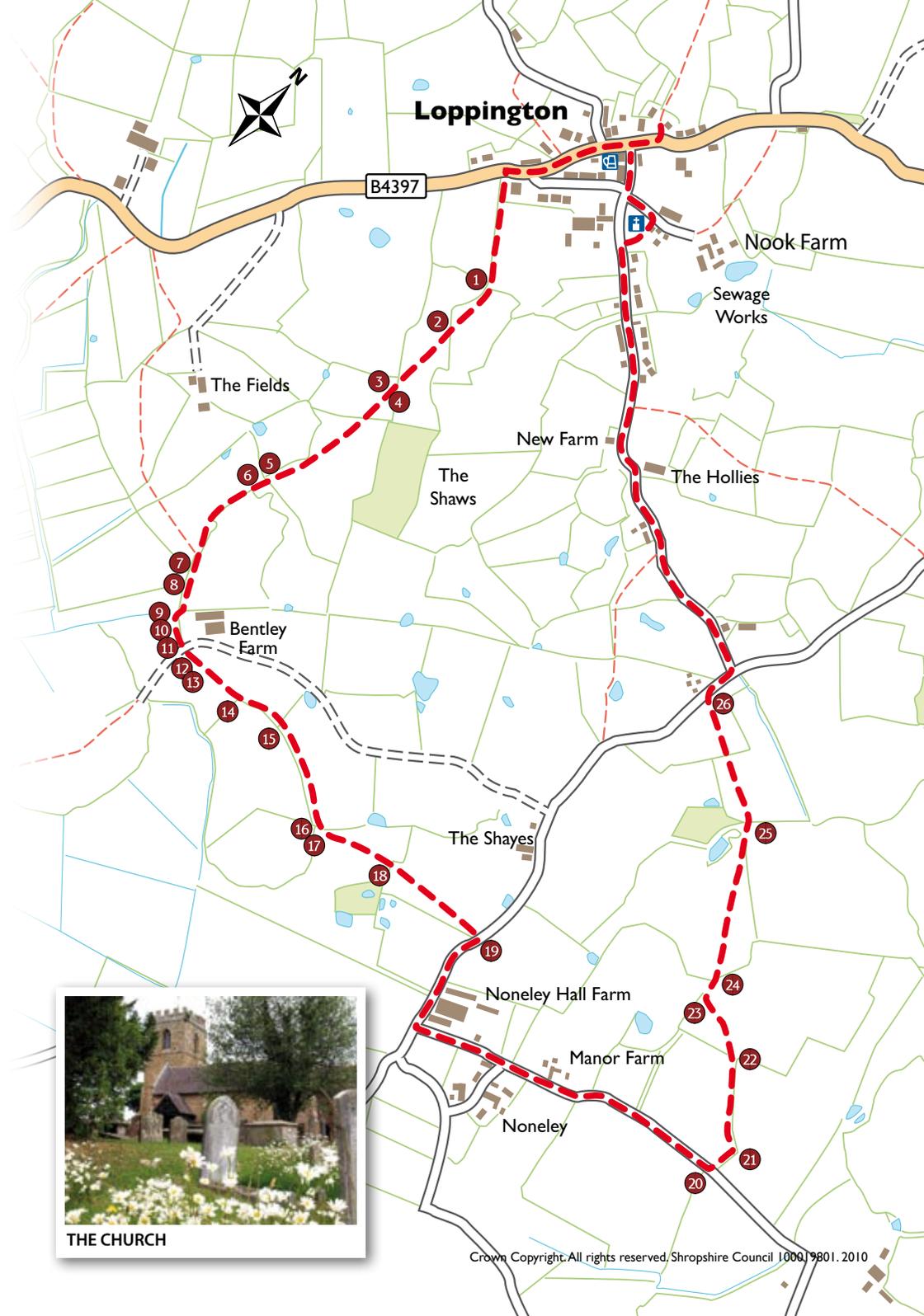
Close by is Sleaf airfield. Built in 1942, Sleaf was used for training the crews of Whitley and then Wellington bombers. In two separate incidents in 1943, Whitley bombers hit the control tower killing several aircrew and ground staff. Sleaf finally closed as an RAF site in 1964.

Go half right across the corner of the field to double stile **16** & **17**, then half left across the field to stile **18** and straight across the field to stile **19** which you will find to the left of the telegraph pole. Cross into the lane and turn right for Noneley. Take the first lane on your left.

Walk straight down the road, passing Manor Farm on your left and noting the chimney of Wem Mill in the distance. Take stile **20** on your left. Keep the hedge on your left but look out for a dead tree in the hedge, beside which is stile **21**. Turn right and, keeping the hedge on your right walk to the corner of the field and cross stile **22**. Bear half left across the field to stile **23** beside a holly bush. Walk round the field keeping the hedge on your right to the far corner. Over stile **24** then bear right for stile **25** and footbridge. Walk straight across the field aiming for the red brick cottage. Stile **26**, to the left of the gate, takes you into the lane.

Turn right then take the road to the left back into Loppington.

Complete your walk by taking the path through the churchyard. The Medieval church was built in blocks of red and yellow local sandstone, much of which is now rather weathered. The church was very badly damaged in 1643 during the Civil War, but the rebuilding has left fine timber roofs inside and a timber porch dated 1656 outside. The church also sustained damage during the Second World War, when soldiers billeted at Loppington Hall decided to use the cockerel weathervane on top of the church tower for target practice. They managed to shoot the bird's tail off, and you will see that restorers put it back on upside down!



THE CHURCH